

LCN Connections

The Monroe Institute Local Chapter Network

Pyramid Meditation, VIC, Australia

February 2014

Here in Melbourne, which is in the state of Victoria, Australia, we do things differently!!

We have a group of intrepid explorers who meet about once every two months at the home of Herman and Lyn in Rye, a beautiful suburb in the outskirts of Melbourne near the beach. The most unusual thing

about this meeting is that Herman has built a pyramid on his property for our meditations.

“.. and I start “flying high” from the time I hear those Hemi-Sync® tones.”

Our last meeting was held on Sunday 17 November 2013. We all left Melbourne for the long drive out to the beach, about an hour and a half – in beautiful mild sunny weather.

We weren't sure if our beautiful Mel-



bourne weather would hold out as far as Rye but we needn't have worried. The sun was shining and it was not hot, or cold, just right. On this occasion only 4 of us travelled down, normally we have around 8 explorers attending.

Herman and Lyn, who are now retired, once owned and operated a restaurant in Melbourne called “The Brass Tavern”. It was a perfect partnership with Herman cooking in the back and Lyn running the front of house.

Cont. Pge. 6

Issue 10

Inside this issue:

Book Review 2

Meditation Message 2

LCN Chapter Directory 4

LCN Regional Coordinators 10

TMI Programs 10

LCN Leadership Information 12

The LCN Welcomes Nancy McMoneagle

Nancy "Scooter" McMoneagle recently announced her acceptance of the executive director and president position of The Monroe Institute.

As many of you know, Scooter is Bob Monroe's step daughter.

In the mid-seventies she was instrumental in helping develop what would later become The Monroe Institute. From 1983 to 1991 Scooter served as director, ushering TMI into a time

of fast growth and global recognition. Her return at this juncture seems particularly relevant, as TMI is once again on the brink of expansion. On behalf of the LCN and its members we welcome Nancy back to the position and offer her our continued support. It is a commonly held understanding that The Monroe Institute has its own consciousness, its own sense of purpose, and that the purpose is supported from a multidimensional

perspective, as well as in the physical.

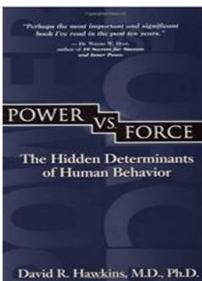
We look forward to this new year and are excited to see what will be manifested at TMI in 2014.



Special points of interest:

- Power vs. Force - Pg. 2
- Hello, Mystery, Pleased To Meet You - Pg. - 3
- The Year Ahead - Pg. - 3
- 4 Good Reasons To Do Nothing. - Pg. - 9

Power vs. Force - Dr. David Hawkins



In his book *Power vs. Force*, Dr. David Hawkins, a renowned New York psychiatrist, describes briefly the near-death experiences he had earlier in his life that led him to become enlightened, free of personal self or ego and in a state of constant, peaceful bliss. Using this newly acquired blissful energy (Divine Presence, as he calls it), Hawkins was able to heal countless patients that other psychiatrists had declared 'hopeless' cases. Driven by the suffering of his never-ending line of patients, he started to use kinesiology (scientific methods involving muscle testing, pioneered by Dr. George Goodheart and Dr. John Diamond) to diagnose and treat psychiatric patients. For example, a positive muscle reaction occurs in response to an obviously true statement and a negative response occurs if the subject is exposed to a false statement. Hawkins used kinesiology, as well as *attractor research* methods from chaos theory and nonlinear dynamics, to calibrate human levels of consciousness (emotions, perceptions, attitudes, worldviews and spiritual beliefs) on a Map of Consciousness – a logarithmic scale of whole numbers, from 1 to 1000 (e.g. level 300 is 10 to the 300th power).

According to Hawkins, the energy/emotion of Grief calibrates at level 75, Fear at 100, Desire at 125, Anger at

150, Pride at 175 and Courage at 200. Beyond that, Neutrality calibrates at 250, Acceptance at 350, Reason at 400, unconditional Love at 500, Joy (unconditional kindness/compassion) at 540, Peace at 600 and Enlightenment at 700-1000. Hawkins claims that only 4% of the world's population calibrates at the 500 level (Love), only 0.5% reach 540 (Joy), and only 1 in 10 million people calibrate at 600 or above.

The Map of Consciousness casts a new light on the progress of his-

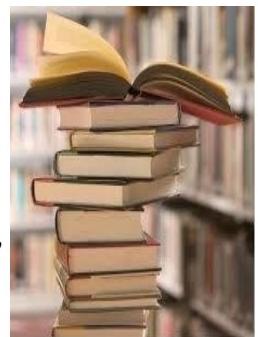
"Hawkins was to heal countless patients that other psychiatrists has declared "hopeless" cases."

tory. For example, Mahatma Gandhi won in his struggle, because his ideas/position (calibrated at 700) was of far greater power than the British Empire force (calibrated at 175). According to Hawkins, the average advance in the level of consciousness throughout the global population is roughly 5 points per generation. However, there are two critical points that can trigger major advancement: the first is at level 200, the initial level of empowerment, when one accepts responsibility for one's own actions; the second is at level 500, characterized by unconditional love, kindness and non-judgmental forgiveness to all persons. Intellectual geniuses like Einstein, Newton and Descartes seemed to have been trapped at level 499, unable to reach the levels above intellect. Avatars such as Christ or Bud-

dha calibrate at level 1000, while spiritual teachers such as Mother Teresa and Ramana Maharishi calibrate at 700, and can create powerful attractor patterns that counterbalance 70 million individuals below level 200.

Mankind as a whole has been stagnating for many centuries at level 190, when it suddenly jumped to 207 in the mid-1980s. Since these levels represent a logarithmic progression, an increase of only a few points represents a major advance in power. Thus, though only 15% of the population is above 200, it is enough to counterbalance the negativity of the remaining 85%. Hawkins concludes with a call to action – the time is now to become more conscious, assume stewardship of the evolution of consciousness and ensure that humanity doesn't fall back to a lower level, where it can self destruct. We should relentlessly seek to evolve, as any individual increase also raises the consciousness of everyone on the planet to some degree. Hawkins puts forward a novel way of exploring consciousness – using kinesiology to tap into the "collective consciousness" (or Akashic Records in other traditions) in order to create a Map of Consciousness and calibrate the consciousness levels of various historical events and people on this map.

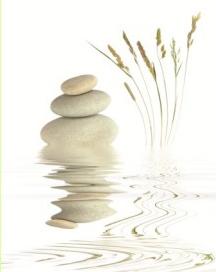
*Andrea Berger,
LCN Leadership
Council*



Meditation Message

Sleep softly for I will be there with a gentle touch... along your brow, a wisp in your hair...a warm embrace when you rest.

Feel the love flowing through your veins...the warmth of my presence....a gentle embrace as you sit calm.



My presence is always there and always will be.

We are bonded forever in all lifetimes.

I write this with a tear in my eye and love in my heart.

Please know YOU are love too and emanate to all around you.

We all are bound together in LOVE.

Never doubt this great power.

We all possess it. Sit quietly and within.

We all possess it. Sit quietly and feel within.

Hello, Mystery, Pleased To Meet You - Laurin Bellg, MD

The following story is an excerpt from a collection for a book I'm working on called **Medicine and the Soul**. This, and other selections that I'll share in future newsletters, follow my own journey of consciousness and how working with medical patients who've had out-of-body and near-death experiences has shaped my own path. I am grateful to the patients I've been privileged to work with and the stories they've entrusted to me for the benefit of a wider audience. While some details may have been altered to protect personal identities, the core of the story has been relayed as it happened.

Physicians who say there's no evidence in medicine of something beyond this existence aren't looking and scientists who explain it all away as a firing of the temporal lobe from anoxia, in my opinion, are missing the point. I've seen plenty through the years that I can't explain and honestly I don't feel a strong need to.

As an observer of things that defy our known physical laws, I'm quite comfortable marveling at the mystery without an insistent need to understand the how of it all or deny it hap-

pened just because I can't fit it neatly into a rational formula. Actually, I find the mystery lovely and can honor it as something that happens with or without my belief in it.

The fact that we can't explain everything with science doesn't mean we have to. As some wise person once said, the absence of evidence is not evidence of absence, and I'm okay with that. I will say, however, that what I have witnessed during my years in medicine has strengthened my suspicions that there is more to us than mortar and bricks, or flesh and bones as it were.

One of my most memorable encounters with "the mystery" happened when I was an internal medicine resident doing a required oncology rotation. The cancer ward also served as an inpatient hospice and we took call for both.

One of the hospice patients on our service was a sixty-three year old woman with widely metastatic breast cancer. Her body was wracked with pain and it took generous doses of morphine and several nurses to be able to move her for daily cares with-

out causing considerable discomfort. As her condition deteriorated and her cachectic frame continued to wither away, she became so weak she could not move of her own accord.

Earlier in the week there had been a family meeting that resulted in a shift in her treatment goals toward palliative care. There would be no more chemotherapy, no more radiation. In keeping with the patient's wishes she was placed on a low-dose morphine drip to make her comfortable until she passed, and for the next few days family members and friends drifted in and out to pay their respects and hold vigil.

Cont Pge. 5



Laurin Bellg, MD

The Year Ahead - Frank DeMarco

For this year's issue, as for last year's, New Dawn asked a few people for a few hundred words on the year ahead. My crystal ball is pretty cloudy, because the guys upstairs taught me a long time ago that we can't reliably predict the future because there isn't any "the" future, but a wilderness of possible futures to choose among, any of which, when he choose it, seems the only real present, the others seeming only theoretical.

As I write this, it is nearly 50 years since John F. Kennedy was murdered. The years since then have served to underline the wisdom of

his vision, which has become the path not taken: the rational pursuit of peace and prosperity as a cooperative international endeavor.



Is there something we as individuals do to move our societies back in that direction? More to the point, is there something we need to stop doing? I think there is. I think that by concentrating on what is bad - and

there's plenty of it — we are inadvertently helping to make things worse. I recently saw a quote from the Abraham material that reminded us that focusing upon the problems of others actually diminishes our ability to help them, because problems and solutions come from different vibrations. The way to help them is to concentrate on what is *right* in their lives, rather than adding our energy to what is negative.

What's true for individuals is true for society. It is the same set of laws, after all.

Cont. Pge. 8

LCN Chapter Directory - US Regions

Life is like a camera...
Focus on what's important,
Capture the good times,
Develop from the negatives,
And if things don't work out,
Take another shot.

Region 1 – New England

Camden, ME

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Who Can Start a Local Chapter?

Attendees of a two-day Excursion Workshop or a six-day residential program at The Monroe Institute (TMI) are eligible to start a Local Chapter (LC). You will work with the Regional Coordinator in your area to help you get started. They will support you in establishing a local network regardless of your experience.

To get started email

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CCL – Certified Chapter Leader

Region 4 – Southeast

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LCN Chapter Directory - US Regions (cont)

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Meetup Group Link

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To be aware is one thing; but the way in which your mind interprets that awareness is another and dictates the level of your perception and consciousness.

Extract from Windows to the Soul

[Yvonne Banks-Martin](#)

Published by [Mystics of the World](#)

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Meetup Group Link

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Facebook Link

Hello, Mystery, Pleased To Meet You - Laurin Bellg, MD cont. from pge.3

One evening when I had the overnight duty I was on my way to chat with the nurses at their station and catch up on some of my routine work that I'd accumulated throughout the day. As I passed the patient's open door I noticed a daughter that I recognized from the family meeting sitting at her mother's bedside.

I leaned into the room to ask how things were going and we struck up a conversation. She seemed in a mood to talk, so with nothing much else happening on the ward, I pulled up a chair

in the room's dim light and began chatting quietly with the daughter. It was easy conversation and seemed to be a comfort to her so we visited. We must have been sitting there for nearly half an hour, talking about nothing in particular, when we began to hear murmuring coming from the patient's direction. Turning our attention to her, we noticed that she appeared to be having a conversation. This seemed odd to both of us because she'd not been responsive at all for the past two days and even before

that had not done much more than utter moans or random, single words. Her body hadn't moved in over a week, except for the routine repositioning by the staff to avoid bed sores, but now she began to add subtle hand movements as one would in the course of normal conversation. And it seemed absolutely conversational, complete with pauses and subtle head gestures suggesting that she was listening when she wasn't talking.

Cont. pge.7

LCN Chapter Directory - US Regions (cont)

Region 7 – Midwest

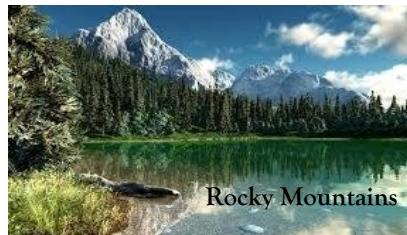
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CCL – Certified Chapter Leader CL – Chapter Leader

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[Meetup Group Link](#)

Phoenix, AZ

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[Meetup Group Link](#)

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“To live is the rarest thing in the world. Most people exist, that is all.” — Oscar Wilde

Pyramid Meditation, VIC Australia - Cont. from pge. 1

We got there around 11am, sat around talking, catching up on news and nibbling on some yummy goodies.

Then its into the pyramid where we listened to a Hemi-Sync® meditation. As you can imagine, meditating in a pyramid is fabulous!! This is one time where I fully participate in the meditation – and I start “flying high” from the time I

hear those Hemi-Sync® tones. After the meditation we have a discussion and most report that they had a wonderful time.

After the meditation is lunch, which by now Lyn has set up on the veranda. This of course is usually a feast with wonderful food cooked by Herman and helped by Lyn. Food, wine, conversation, laughter and some “weird” talk

thrown in – what could be better!

So the next time you’re in Melbourne look me up and we’ll arrange to take you out to Rye!



Herman & Lyn

Hello, Mystery, Pleased To Meet You - Laurin Bellg, MD cont from pge. 5

The daughter and I fell into silence watching her, leaning in to try to make out what she was saying. But despite the conversational cadence it was only distinguishable as mumbles. This went on for about ten minutes then she opened her eyes for the first time in days and seemed to focus intently on something in middle space. Her daughter tried to speak with her but there was no recognition or acknowledgement as the patient's eyes looked past her and up toward the corner of the room.

Momentarily, her attention shifted to an area of the ceiling above her requiring her to turn her head from where she had lain for the past few hours on her right side. Her daughter moved forward in fascination to observe her mother but said nothing.

After staring into the area above her bed for what seemed like several minutes, she began to make movements attempting to sit up. Her daughter looked at me and we both exchanged glances of amazement at what we were seeing and it seemed understood that we were witnessing something quite out of the ordinary.

The woman had not moved for days

and certainly not without complete help or immense pain, but now she was moving with relative ease and gave no indication of any discomfort whatsoever. She seemed to be engaged in a process that clearly did not involve us, so we simply watched in awe and let it unfold.

Then in one deft movement she pushed herself up to a near-sitting position, leaned forward and lifted her hand up as if reaching for something. She then said very clearly and with obvious surprise, "You're here!" I heard her daughter begin to softly cry and I sat back with an intention of just holding space for whatever was happening that neither of us could explain. The patient maintained this position for probably thirty seconds or so then, as if being lowered by unseen hands, slowly laid back down on the pillow and with eyes closed exhaled deeply her last breath and died.

We sat in silence for a long time, neither of us knowing what to say but clearly aware that something quite mysterious and wonderful had just taken place. Finally, with tears streaming down her face and her voice trembling she said, "I'm so grateful I was

here to witness that." I was too.

I think that was the moment that I fell in love with "the mystery" and have since had many occasions to marvel at things I, nor anyone else, can adequately explain. I've also had as many opportunities to observe colleagues being dismissive of things that don't fit neatly into their frame of reference, which seems to be a human default when things just don't make sense. Unable to explain when context fails them, it seems more comfortable to see it as "not there". Or in the absence of a physically logical explanation, it is reasoned away as a neurological phenomenon or a second wind a patient captures after adequate rest or appropriate pain control.

It can be enough just to enjoy the mystery and allow yourself to experience something with reverent awe without a need to fully understand. Being able to simply greet mystery without demanding that it explain itself often invites more. Just as with any friend, a gracious welcome more often than not will open the door for more frequent visits.

Cont. Pge. 11

Hemi-Sync® CD - Into The Light with Hemi-Sync®

Are you looking for something new to play at your LCN meetings? Or for the Outreach Facilitators, here is a great one day workshop in a 2 CD set.

This 2 CD set, consists of 4 expertly guided exercises designed to give you a sense of what it is like to have a near-death experience.

Will you have an NDE or NDE-like experience using these exercises? No one can predict what another human being will do. However, if you are willing, wear the headphones and trust the process, you'll have every chance to enter altered states that will allow an experience of expanded

awareness to happen. The rest is up to you and your intention.

It is created and voiced by researcher, speaker and TMI residential facilitator Scott Taylor.

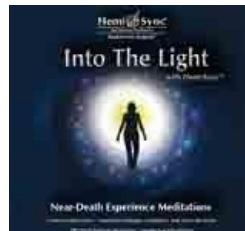
The exercises are:

Reunion

Life Review,

Cities of Light

Realm of Knowledge.



Andrea Berger recently used "Into The Light" in a one day workshop and her participants loved!! it.

Andrea's comments: "The exercises are just beautiful, interlaced with exquisite music and special sound effects. All participants in the work-

shop were able to experience the tunnel and the white light and encountered a departed loved one, as well as a teacher/guide. I highly recommend

this gem of an album to everyone, especially those who want to connect with a departed loved one, or who are curious to explore the "cities of light" and obtain insights from one of its many centers. I had a great experience with these exercises...important events in my life became more clear, as to their purpose...I also received guidance regarding what I need to keep doing/change in my life to achieve my life purpose. Kudos to Scott Taylor and Monroe Products for making this CD available to the public!"

LCN Chapter Directory - International Regions

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Meetup Group Link

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The Year Ahead - Frank DeMarco

When we complain about the way society is, usually in the name of "how it should be," we add energy to the negativity, and make things worse. (This very negative practice may come disguised as idealism. Think of liberals and conservatives, attacking pretty nearly *any* issue from their own perpetual crusading viewpoint, blaming the problem on the actions of others.)

So how do we criticize what's wrong without adding our energy to it? I think the key is what Carl Jung

pointed out long ago: Condemnation always isolates. Only understanding heals. You need to be clear on your priorities. Do you merely want to assess blame, or do you want to heal society? If the former, feel free to point fingers, but don't delude yourself into thinking you are doing something constructive. If the latter, concentrate on rational analysis, without laying blame on others.

Rational analysis, rather than fear or hatred, was John F. Kennedy's

forte, after all.

Frank DeMarco, Author



4 Good Reasons To Do Nothing - Josh Langley

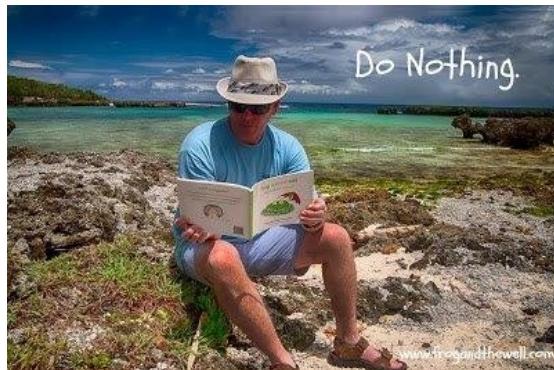
We spend so much time running around trying to look busy for other people and then when we finish doing that, we still have to look busy to ourselves otherwise we might be considered lazy. It's all a load of hogwash we need to stop, slow down and really do nothing to get back in touch with our true selves.

1. Doing nothing doesn't mean sitting on the couch mindlessly watching daytime TV, it means doing something that makes you feel relaxed, gives you mental space and slows down your heart rate. Like, gardening, watching the ocean, watching a movie, lying on the grass or getting a well-deserved massage. You could also include taking time to cook a meal

"...we need to stop, slow down and really do nothing to get back in touch with our true selves."

from scratch, walking in nature or setting a side time for mediation are other ways of doing 'nothing'.

2. By being too busy, we miss the quiet of moments of inspiration that



the universe is trying to send us. For example, lying under a tree is a great way to get inspiration for an idea. (and the tree appreciates it too)

3. There's actually nothing wrong with doing nothing, it's a belief cast upon us by society, so you can just choose to ignore it if you want. While everyone else is following the herd and 'looking busy', you can

blaze your trail of implementing moments of relaxed nothingness and feel all the better for it.

4. It's good for your health to slow down, both physically and mentally. A calm mind, leads to a calm body.

Don't feel guilty for doing nothing. You have to be strong in the face of social conditioning and stare down the people who look disapprovingly at you while you watch the flowers or wander aimlessly down a country lane but it's well worth it.

Josh Langley, Author

www.frogandthewell.com



New Pre-requisite To The TMI "Exploration 27" Program

Exploration 27, has been over the years a popular program at TMI, with many participants having it firmly in their sights as a "must" do program. Previously, participants needed to attend Gateway Voyage and Lifeline as pre-requisites to attend "Exploration 27".

Often participants wanted to attend Guidelines after Gateway Voyage and then needing to participate in Lifeline if their ultimate goal was "Exploration 27".

That has now changed. TMI have just announced changes as from January 2014.

Now Guidelines or Lifeline are prerequisites to Exploration 27.

The way to Exploration 27 is now Gateway Voyage and Guidelines or Lifeline. Of course participants can still attend Guidelines and Lifeline after Gateway Voyage if they wish.

These changes will also make it quicker to attend Starlines if your choice is Guidelines after Gateway Voyage.

To attend Starlines, you will need to attend Gateway Voyage, Guidelines or Lifeline and Exploration 27.

For information on these programs

and to see when they are scheduled please select the links below.

[Guidelines](#)

[Lifeline](#)

[Exploration 27](#)

[Starlines](#)

[Program Schedule 2014](#)



LCN Regional Coordinators - US Regions

Region 1 - New England

Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont

Steve Winchester

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**In the end, it's not going to matter
how many breaths you took, but
how many moments took your
breath away!**

Region 2 - Northeast

New York, New Jersey, and Pennsylvania

Steve Winchester

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Region 9 - Western

Arizona, Hawaii, Nevada, American Samoa, Commonwealth of the Northern Mariana Islands, Federated States of Micronesia, Guam, Marshall Islands, and Republic of Palau, New Mexico

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Region 3 - Mid - Atlantic

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Region 4 - Southeast

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Region 7 - Midwest

Iowa, Kansas, Missouri, and Nebraska

Region 8 - Rocky Mountain

Colorado, North Dakota, South Dakota, Utah, and Wyoming

Cindy Lyn Bartholome
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LCN Membership Discounts

\$300 off one Residential Program annually for Regional Coordinators.

\$200 off one Residential Program annually for Certified Chapter Leaders.

\$100 off one Residential Program annually for Chapter Leaders & Co-Chapter Leaders.

Please note these discounts only apply to 6 day residential programs and are only available at TMI Virginia & TMI organized programs in California.

TMI Program Schedule

Are you are interested in participating in one of the 6 day residential programs at TMI?

Full details of programs held at Virginia, across the US and around the world are located on the TMI website at the following link:

Program Schedule

Human consciousness is evolving, awakening to the discovery of Self. All of us are participants in the evolution of consciousness, the next great leap for humanity.

We perceive ourselves to be more than just our physical bodies. We are connected to the universe through nonphysical dimensions

and a holographic matrix of timeless information. Life itself is not something physical and death something spiritual.

"We marvel at the wonder of an emerging perception of reality that has been waiting for us to realize all along."

For us, life's experiences have taken on a new significance. We marvel at the wonder of an emerging perception of reality that has been here waiting for us to realize all along.



LCN Regional Coordinators - International Regions

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Hello, Mystery, Pleased To Meet You - Laurin Bellg, MD cont. from pge.7

Post Script: Now for an extra bit of intrigue specifically for my TMI family. Fifteen years after the encounter described above, I attended a Lifeline program at The Monroe Institute. As many of you know, the Lifeline program is specific to soul rescue at many Focus levels, primarily levels 23 through 26.

During our progression throughout the week I continually found myself being detained in Focus 22, a place where souls are supposedly "in between", still in the physical but poised to exit into the nonphysical - such as coma or suppression of consciousness with drugs.

On one occasion I found myself slogging with some difficulty through gray, jelly-like stalagmite formations that seemed to contain subtle movement and knew instinctively that I was in Focus 22. I was moving through it with some resistance, straining a bit to move on to Focus 23 where I thought the real work would begin.

As I perceived myself starting to clear Focus 22 and move into Focus 23, quicker than an instant, a hand followed by a head and a torso of a very thin, cachectic woman reached out from one of the formations and a said, "You're here!". Without even

thinking about it I took her hand and beyond our own volition were off and moving quickly to Focus 27 where she was instantly released from my grasp. Something about that encounter seemed familiar, but I didn't have the spine-tingling moment until I was reading my journal to compose this story and read what my patient from 15 years before had said and done. She had reached out her hand followed by her head and torso and said, "You're here!", then her body reclined as she took her last breath and died.

Laurin Bellg, MD,

LCN Leadership Council

Outreach - Excursion Workshops

The basic Outreach program is a weekend workshop called the Excursion Workshop.

This two-day adventure into expanded states of awareness facilitates profound relaxation, deep contemplation, increased intuition, and communication with the higher self and with related energies.

Important personal revelations are commonplace during an Excursion. Specifically designed exercises with the Hemi-Sync® audio-guidance technology form the core of the workshop, together with explanation, discussion, and supportive group interaction. Looking for TMI Excursion Workshop in your area?

Details can be found on The Monroe Institute website at the following link.

[CLICK HERE](#)



TMI Local Chapter Network

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For previous issues of LCN Connections [CLICK HERE](#)

LCN Mission Statement

The Mission of the Monroe Institute Local Chapter Network is to establish independent local communities that will provide continuing support for program graduates as they endeavour to integrate their TMI experience into their daily lives and continue their exploration of consciousness and personal growth.

The Local Chapter Network will also provide a point of contact for others wishing to learn more about TMI and its programs.



The Monroe Institute Local Chapter Network

Networking and Connecting Individuals & Communities

Submission Guidelines to the LCN Connections

1. Do you have a story to tell that the LCN community would enjoy or have read a great book you would like to tell others about?

3. Would you like to advise the LCN Community about your Workshop?

Send your submission to
The Editor LCN Connections
tmilcnglobal@gmail.com

•Information about workshops and other special TMI events, including local chapter meetings, Excursion Workshops and TMI Residential programs will be disseminated in a neutral and non-partial way by the LCN Leadership Council, for the pur-

pose of informing potentially interested persons and not for the purpose of advertising a particular workshop or event.

•The LCN Leadership Council and the Editor of the LCN Connections maintain the right to edit any given submissions.

•All photos submitted must be in a jpeg format and permission to print from all parties must accompany photos containing people.

Disclaimer: The views and content presented in this newsletter are written by and compiled by volunteers of the Local Chapter Network and do not necessarily

reflect those of The Monroe Institute.

Footnote: The Local Chapter Network is an organization of volunteers who support the work of The Monroe Institute. Logos and registered or trademarked names are used with the permission of The Monroe Institute.



Editor: Gwen Jones